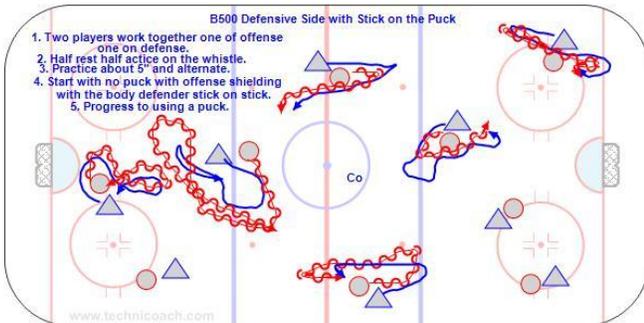


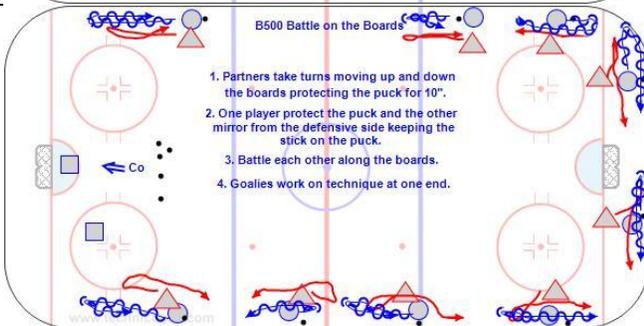


B500 Battling on the Boards Sequence

Date:	Time:	Venue:
Lines:	Notes:	
Offense protect the puck with the body and Use cut backs, change of pace, step on the Puck, move the puck with the skates.	Defense always maintain the defensive side positioning and don't over commit. Body on body and stick on the puck.	

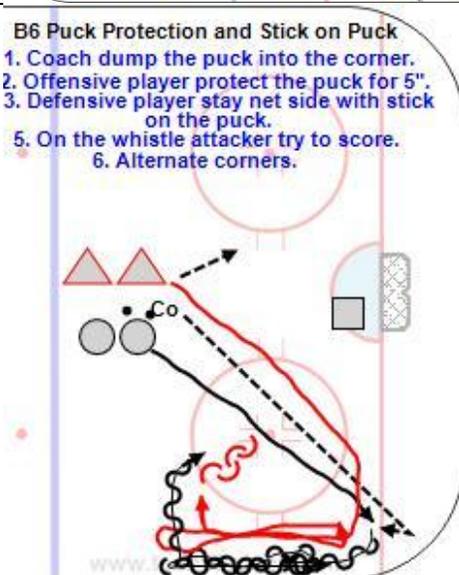


B500 practice protecting the puck on offense and defender keeps the stick on the ice and on the puck.



B500 partners work along the boards.

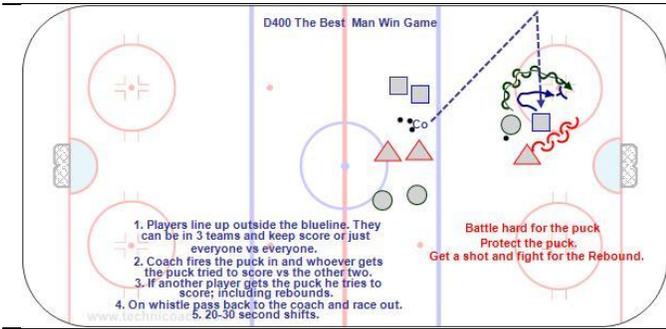
- Offense protect the puck and defender stick on the puck.
- A. alternate protecting the puck with no resistance.
B. battle each other for possession.



B500 Low Battles

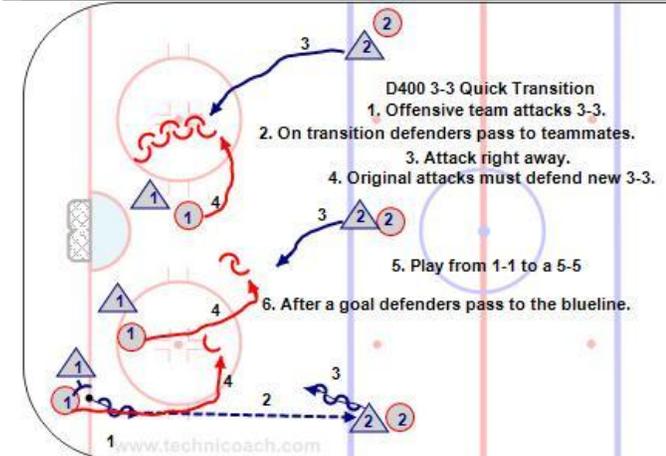
Partners work along the boards, take the puck to the net on the whistle. Do this from both sides.

- Offense protect the puck and defender stick on the puck.
- alternate protecting the puck with no resistance.
- battle each other for possession



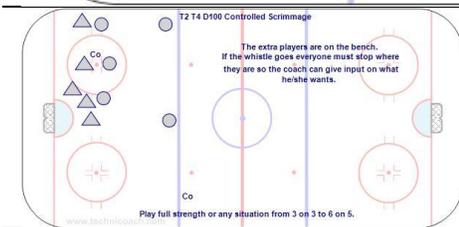
D400

Play 1 on 1 on 1 but move the line to the top of the circles. Play 20 " and pass to the coach who dumps it in for the next three.



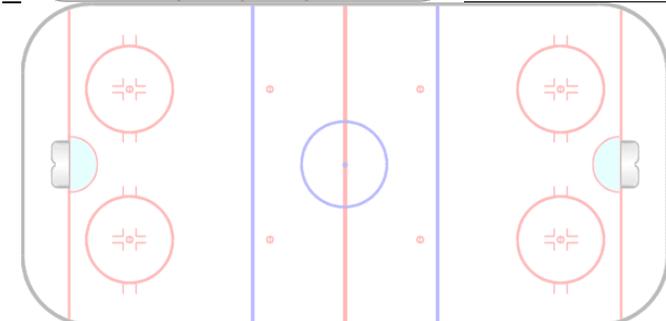
D400 Quick Transition Game 2 on 2 or 3 on 3

- Play from the top of the circles to reduce the space. Sequence is offense, defense, pass, rest.

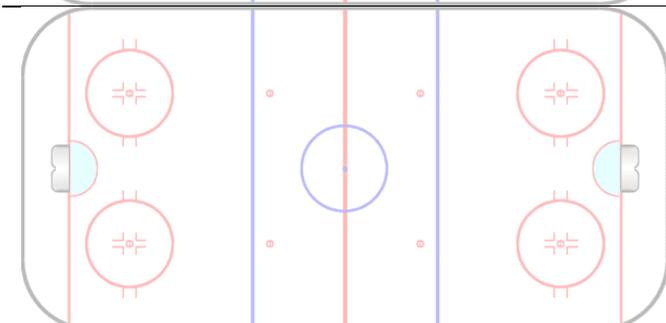


D100 Scrimmage

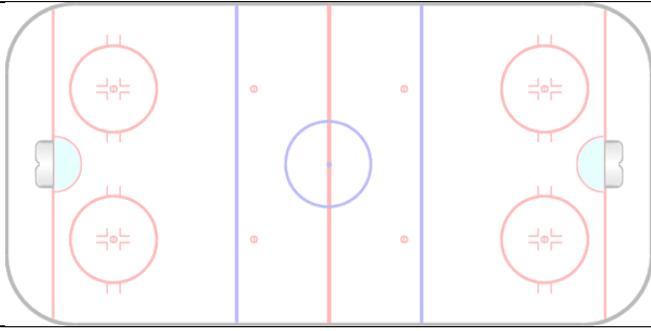
One minute shifts and goals must originate from plays below the goal line.



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
